ADHDEFG

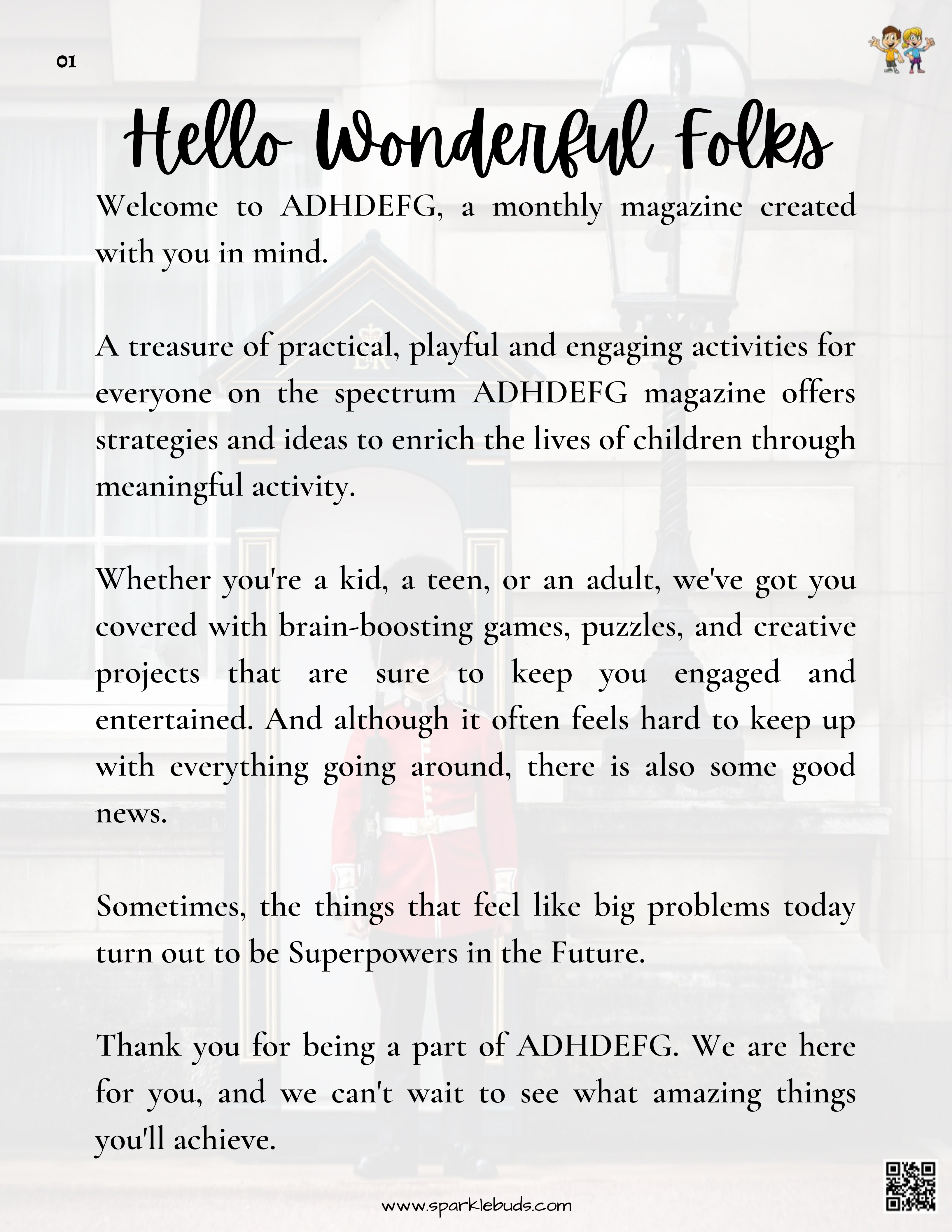
Issue No. 4
March 2023

A SUPERPOWER MAGAZINE FOR ADHD

www.sparklebuds.com

VISIT…

LANZAROTE
Caliente.COM



Hello Wonderful Folks

Welcome to ADHDEFG, a monthly magazine created with you in mind.

A treasure of practical, playful and engaging activities for everyone on the spectrum ADHDEFG magazine offers strategies and ideas to enrich the lives of children through meaningful activity.

Whether you're a kid, a teen, or an adult, we've got you covered with brain-boosting games, puzzles, and creative projects that are sure to keep you engaged and entertained. And although it often feels hard to keep up with everything going around, there is also some good news.

Sometimes, the things that feel like big problems today turn out to be Superpowers in the Future.

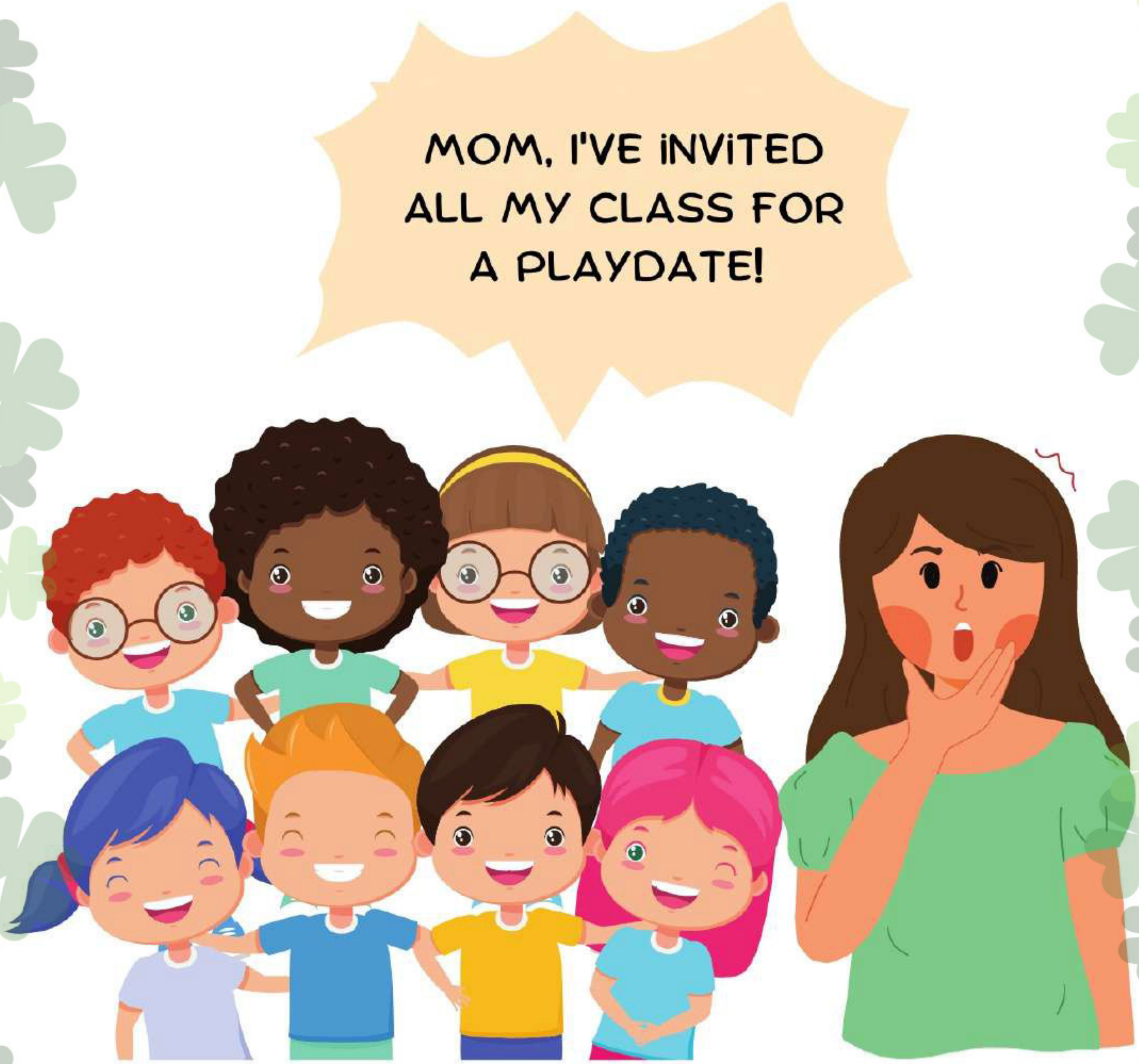
Thank you for being a part of ADHDEFG. We are here for you, and we can't wait to see what amazing things you'll achieve.

THE SUPERPOWER OF ...

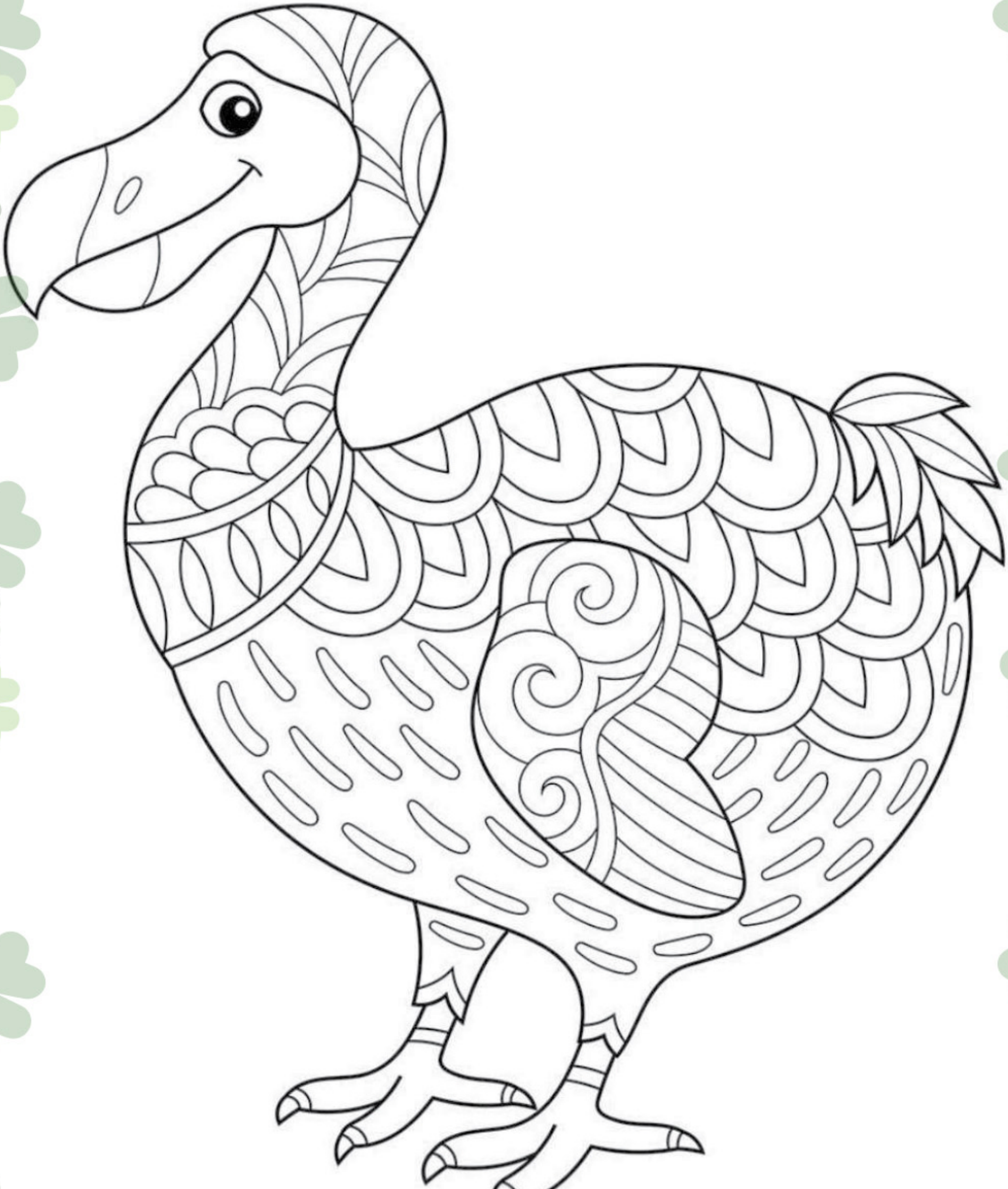
SPONTANEITY

SOME PEOPLE CALL IT IMPULSIVITY. I CALL IT SPONTANEITY!

SOMETIMES YOU COME UP WITH THESE GREAT IDEAS AND THEY NEED TO HAPPEN **RIGHT NOW!**


MOM, I'VE INVITED ALL MY CLASS FOR A PLAYDATE!

TAKE A DEEP BREATH, RELAX, COLOUR & BRING THEM TO LIFE.



MY ANGER THERMOMETER

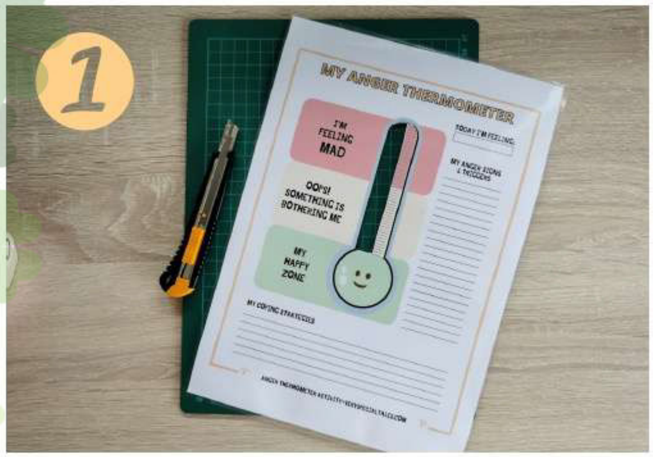
FUN ACTIVITIY & WORKSHEET

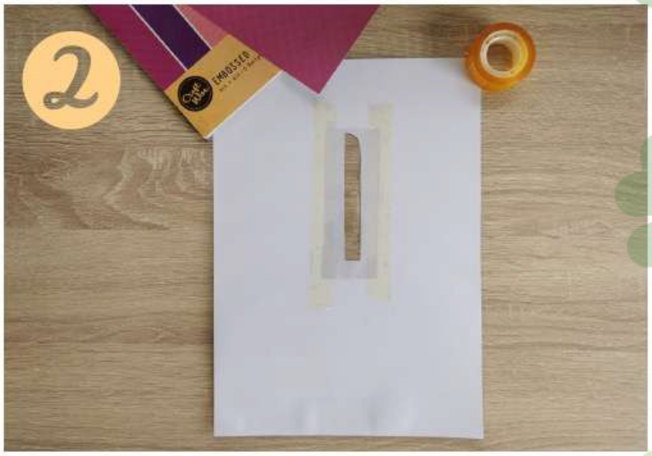
1.Cut out the white part inside the anger thermometer (next page).
Tip: I laminated my activity worksheet to be able to reuse it many times.

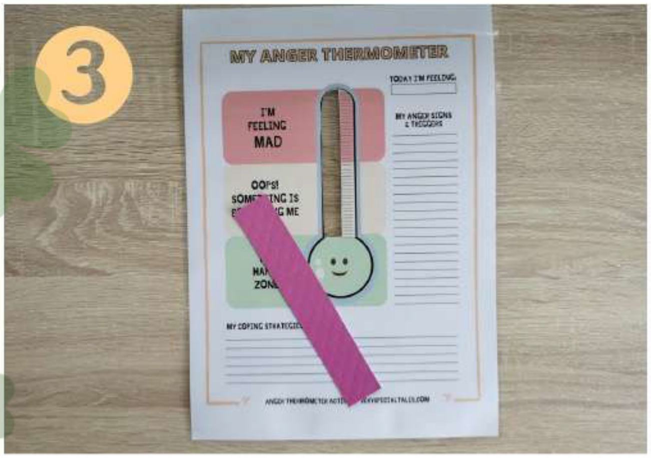
2. Cut out a piece of paper to create a pouch in the back (I used a transparent polybag for mine). It should be slightly wider and longer than the cut-out white space in the thermometer.
Stick it to the back of the activity worksheet with adhesive tape, as shown in the picture.

3.Cut out a colored cardstock strip. It should be slightly wider and longer than the cut-out space (any cardstock you have at home will work)

4. Slide the up and down the strip to mark your level of anger.


1
MY ANGER THERMOMETER
I'M FEELING MAD
OOPS! SOMETHING IS BOTHERING ME
MY HAPPY ZONE
TODAY I'M FEELING
MY ANGER SIGNS & TRIGGERS
MY COPING STRATEGIES

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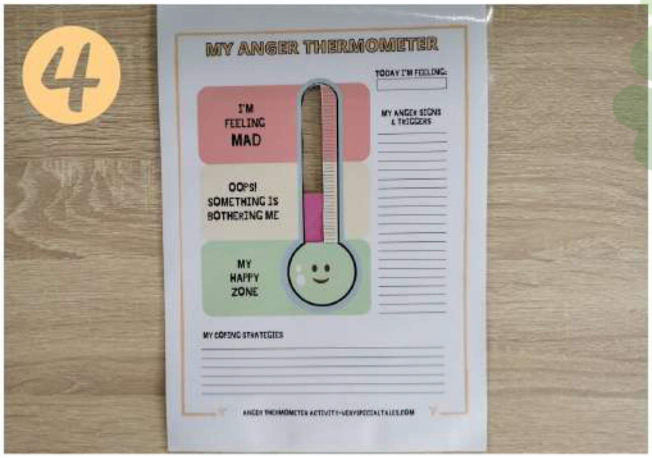
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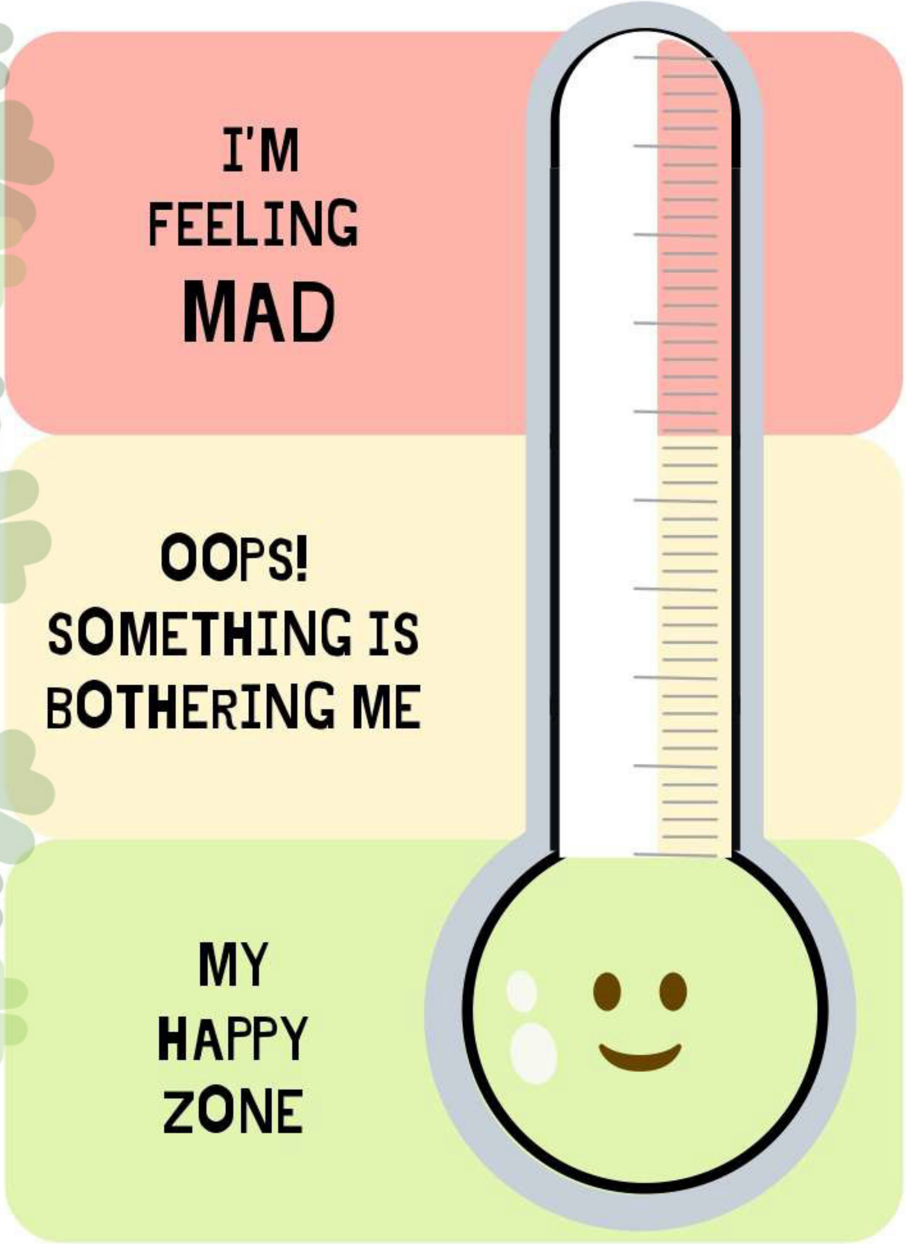
MY ANGER THERMOMETER

TODAY I'M FEELING:



I'M
FEELING
MAD

OOPS!
SOMETHING IS
BOTHERING ME

MY
HAPPY
ZONE

MY ANGER SIGNS & TRIGGERS

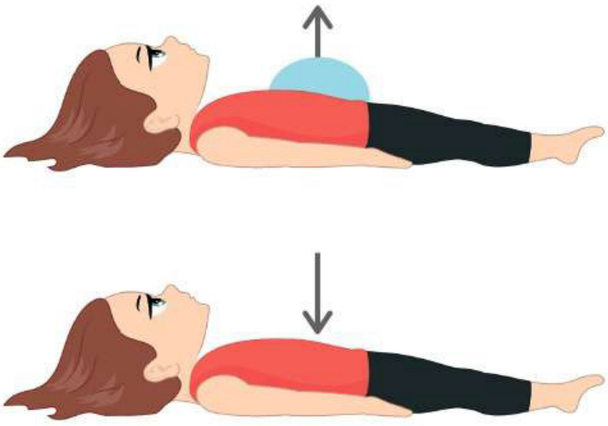
MY COPING STRATEGIES

BELLY BREATHING

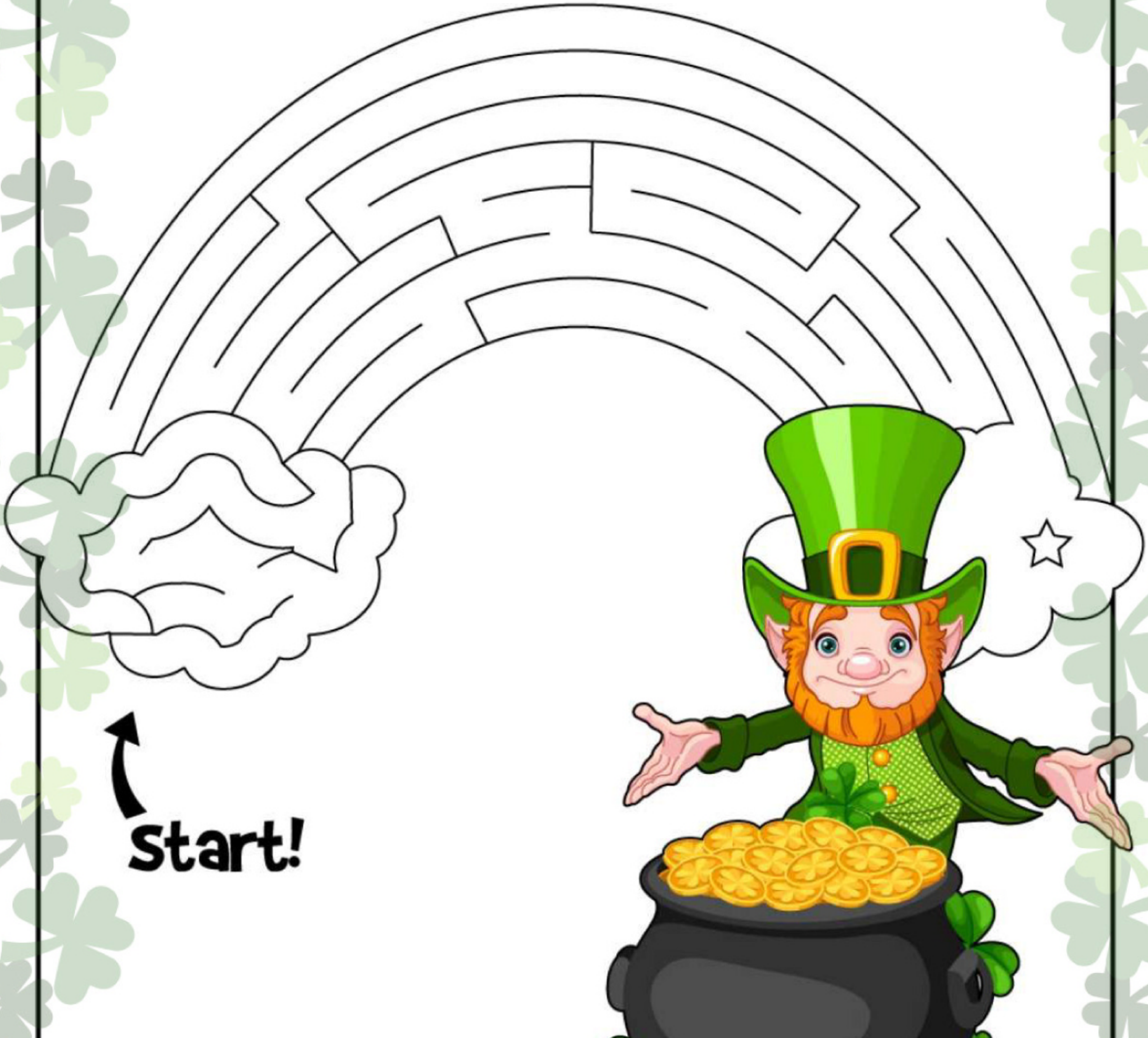
(BALLOON)

After your child is comfortably positioned laying on the floor, with head supported and knees bent, follow the following script:

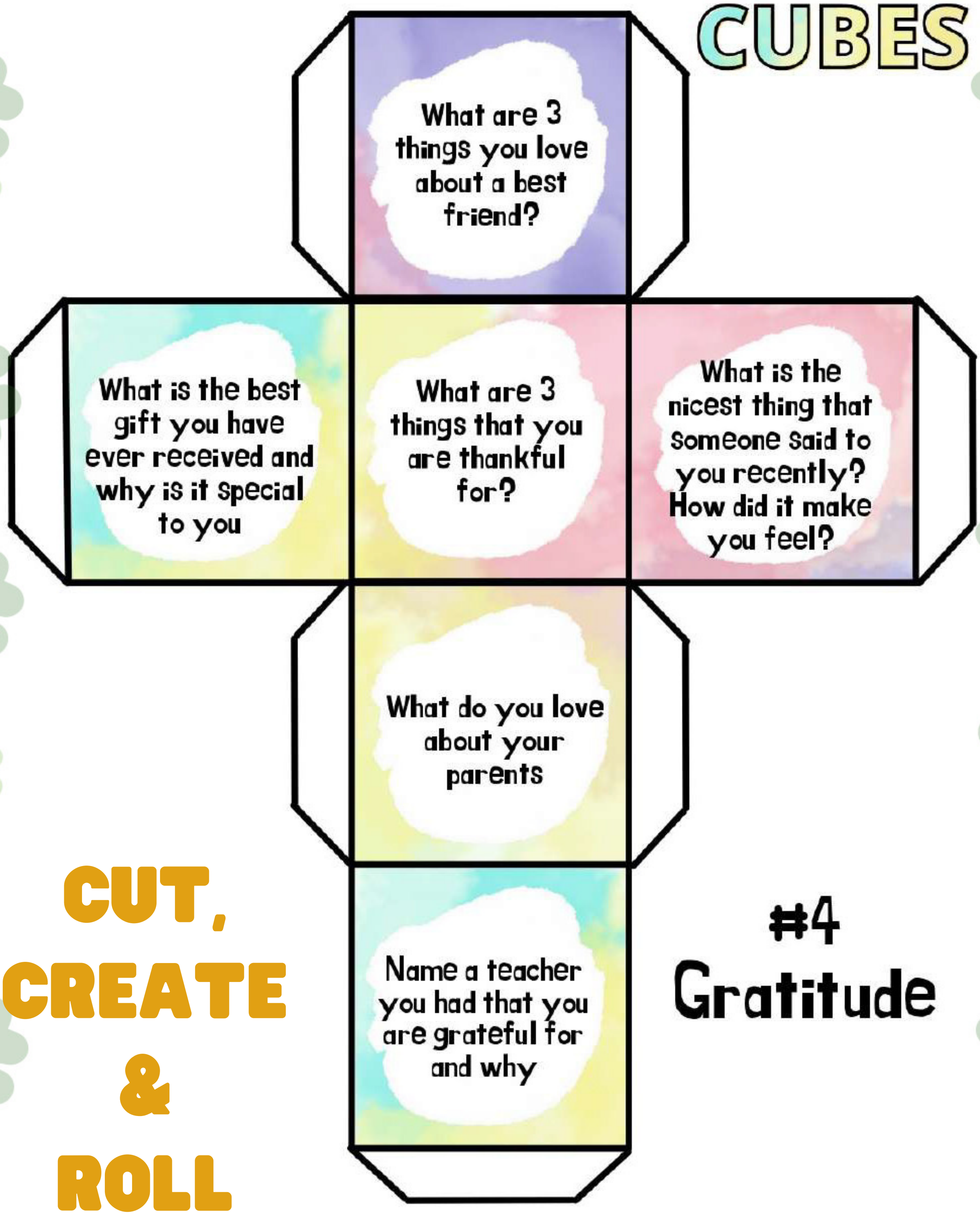
- Imagine your belly is a balloon. This balloon will get bigger as you breathe in, and it will get smaller as you breathe out
- Now, place your hand on your belly
- Breathe in slowly through your nose, and feel that balloon getting bigger
- Hold your breath till I count 1, 2, 3
- Breathe out slowly through your mouth.



Rainbow Maze!



CONVERSATION CUBES



What are 3 things you love about a best friend?

What is the best gift you have ever received and why is it special to you

What are 3 things that you are thankful for?

What is the nicest thing that someone said to you recently? How did it make you feel?

What do you love about your parents

Name a teacher you had that you are grateful for and why

#4
Gratitude

CUT,
CREATE
&
ROLL

How Many Words Can You Make?

S	T		P	A	T	R	I	C	K	’	S

D	A	Y

1 ______________________

2 ______________________

3 ______________________

4 ______________________

5 ______________________

6 ______________________

7 ______________________

8 ______________________

9 ______________________

10 ______________________

11 ______________________

12 ______________________

13 ______________________

14 ______________________

15 ______________________

16 ______________________

17 ______________________

18 ______________________

19 ______________________

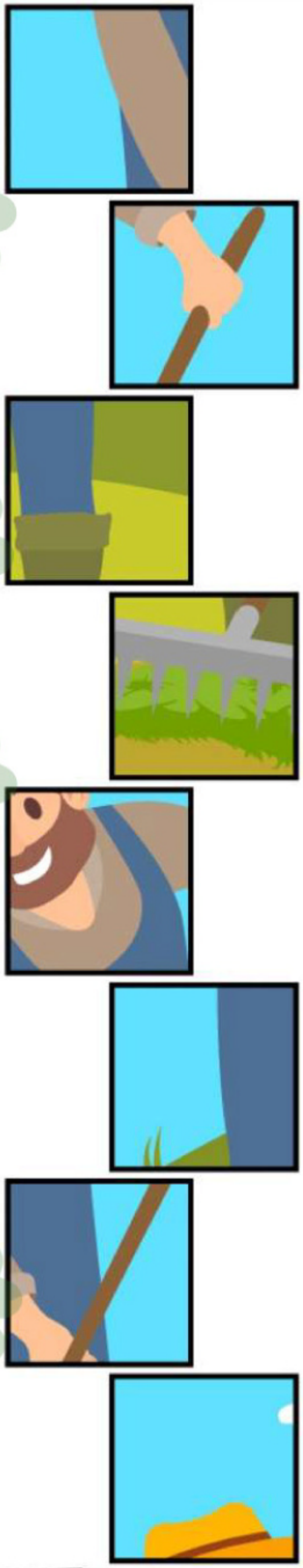
20 ______________________

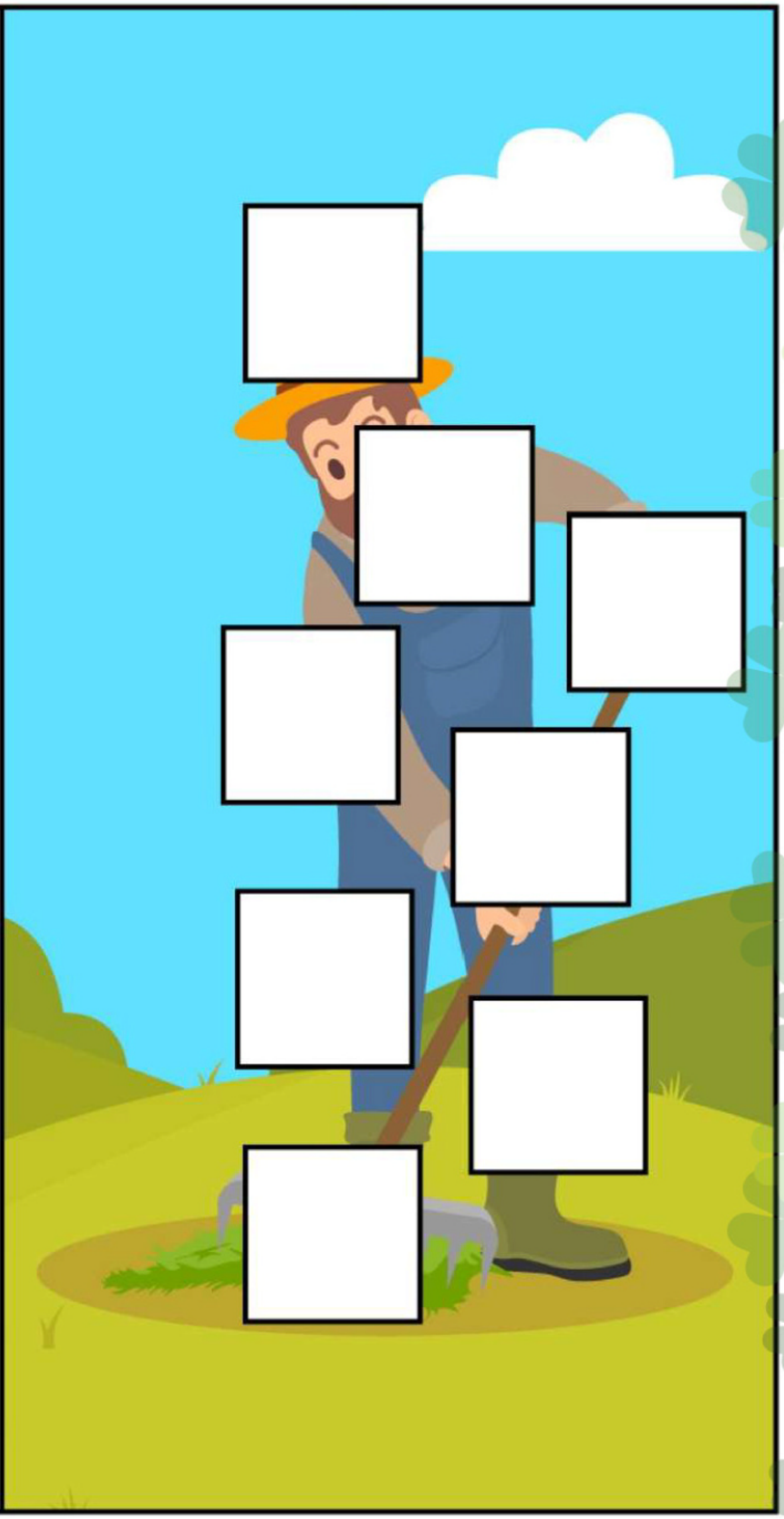
LIVE CLASS IN SESSION

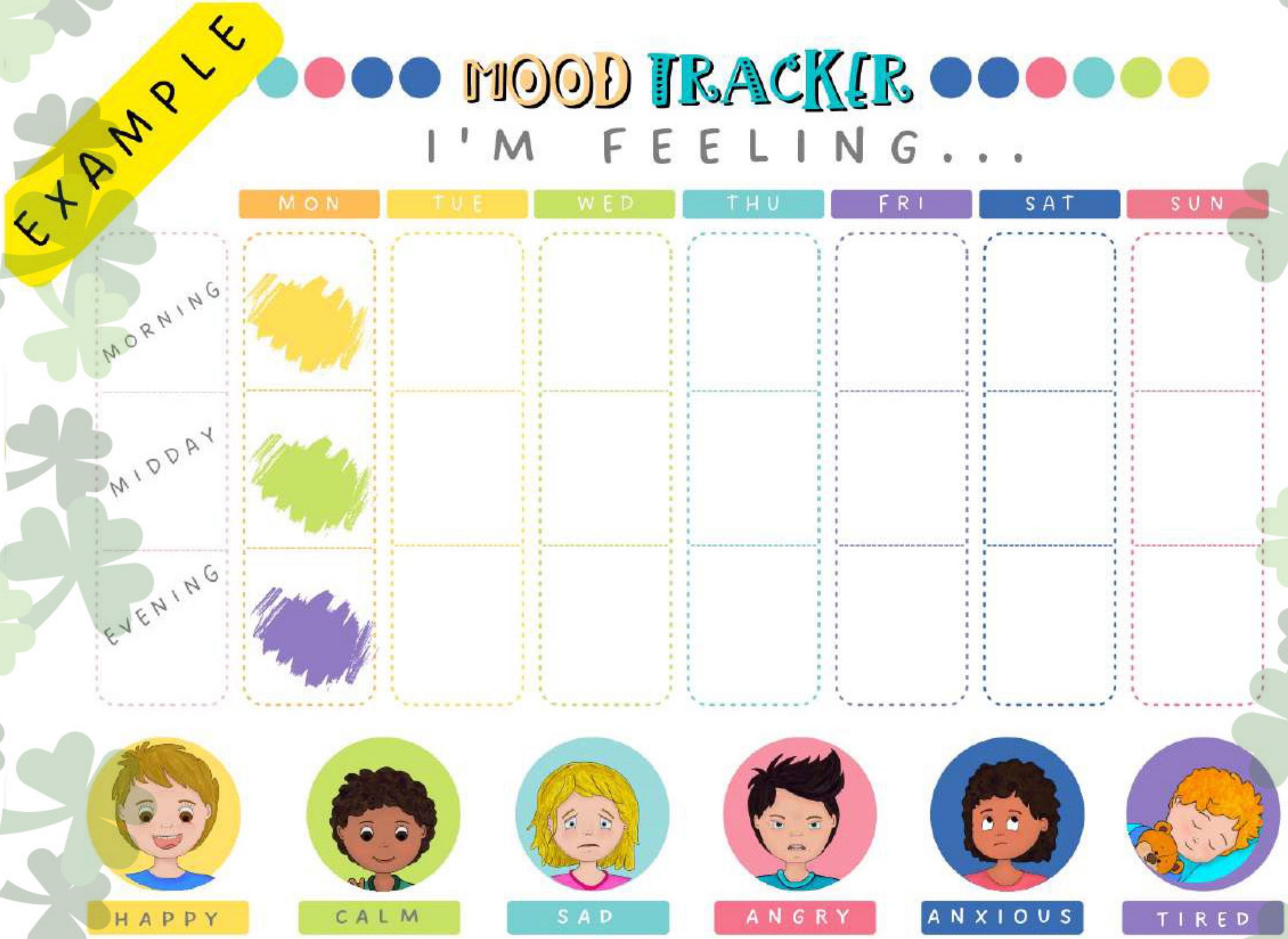
PLEASE DO NOT DISTURB

LIVE CLASS SCHEDULE

CLASS	DAY / TIME	REQUIRED/ OPTIONAL







EXAMPLE

MOOD TRACKER

I'M FEELING...

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	🟨						
MIDDAY	🟩						
EVENING	🟪						

HAPPY

CALM

SAD

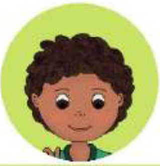
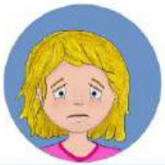
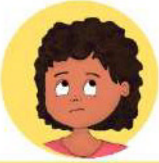
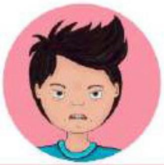
ANGRY

ANXIOUS

TIRED

MOOD TRACKER

IN WHICH ZONE ARE MY BRAIN AND BODY NOW?

	GREEN ZONE	BLUE ZONE	YELLOW ZONE	RED ZONE
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

My Special Qualities

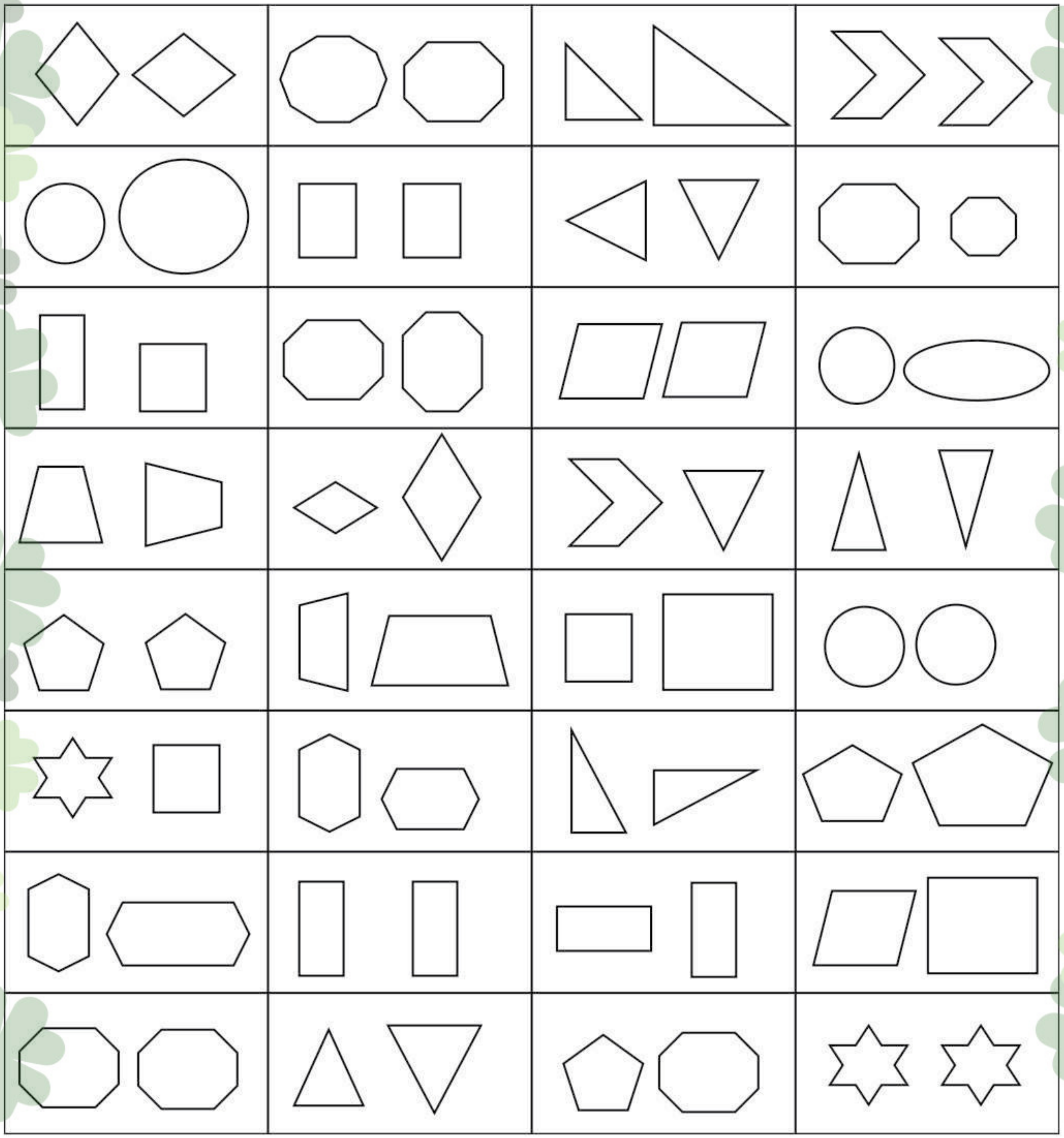
MY INNER QUALITIES

These are some of the qualities that people can't see from the outside but make me so special

CONGRUENT SHAPES

congruent colors

Directions: Answer the question below. Then color each box based on the instructions below.



If a shape is congruent, it needs to be the same what?

____

If the shape is congruent, color each one green. If the shape is not congruent, color each one yellow.

TIME MANAGEMENT TIPS FOR STUDENTS

- Keep your GOALS in mind
- Be aware of how much time you have
- Use To-Do Lists! They are simple yet effective time management tools.
- Establish Priorities Consider using the urgent-important decision matrix
- Fun is important. Schedule time for fun activities too!
- Plan your weekly and daily tasks
- Keep track of due dates for your big projects
- Consider breaking those big projects into smaller tasks /subgoals
- Understand how long it takes to complete tasks.
- Create buffers to catch up on work
- Don't multitask. It leads to worse performance.
- Block in time for important tasks
- Avoid distractions / Identify time wasters
- Don't over-commit to too many activities
- Allocate and plan breaks.
- Consider the tasks' sequence (first a difficult task or an easy one to feel they have already accomplished something?)
- Set deadlines for task completion (time limit)
- Identify idle time and decide how to use it productively
- Log in time: track your activity to understand, review and evaluate
- Celebrate your victories (Keep a "Done-List")
- Assess when you are more productive during the day

MIRRORS
NICE ICE
THE CUBE

DAILY PLANNER

Date: ____________________

S M T W Th F S

Today's Schedule

6:00 am	
7:00 am	
8:00 am	
9:00 am	
10:00 am	
11:00 am	
12:00 pm	
1:00 pm	
2:00 pm	
3:00 pm	
4:00 pm	
5:00 pm	
6:00 pm	
7:00 pm	
8:00 pm	
9:00 pm	

Today's Goal!

Reminder!

Self Care!

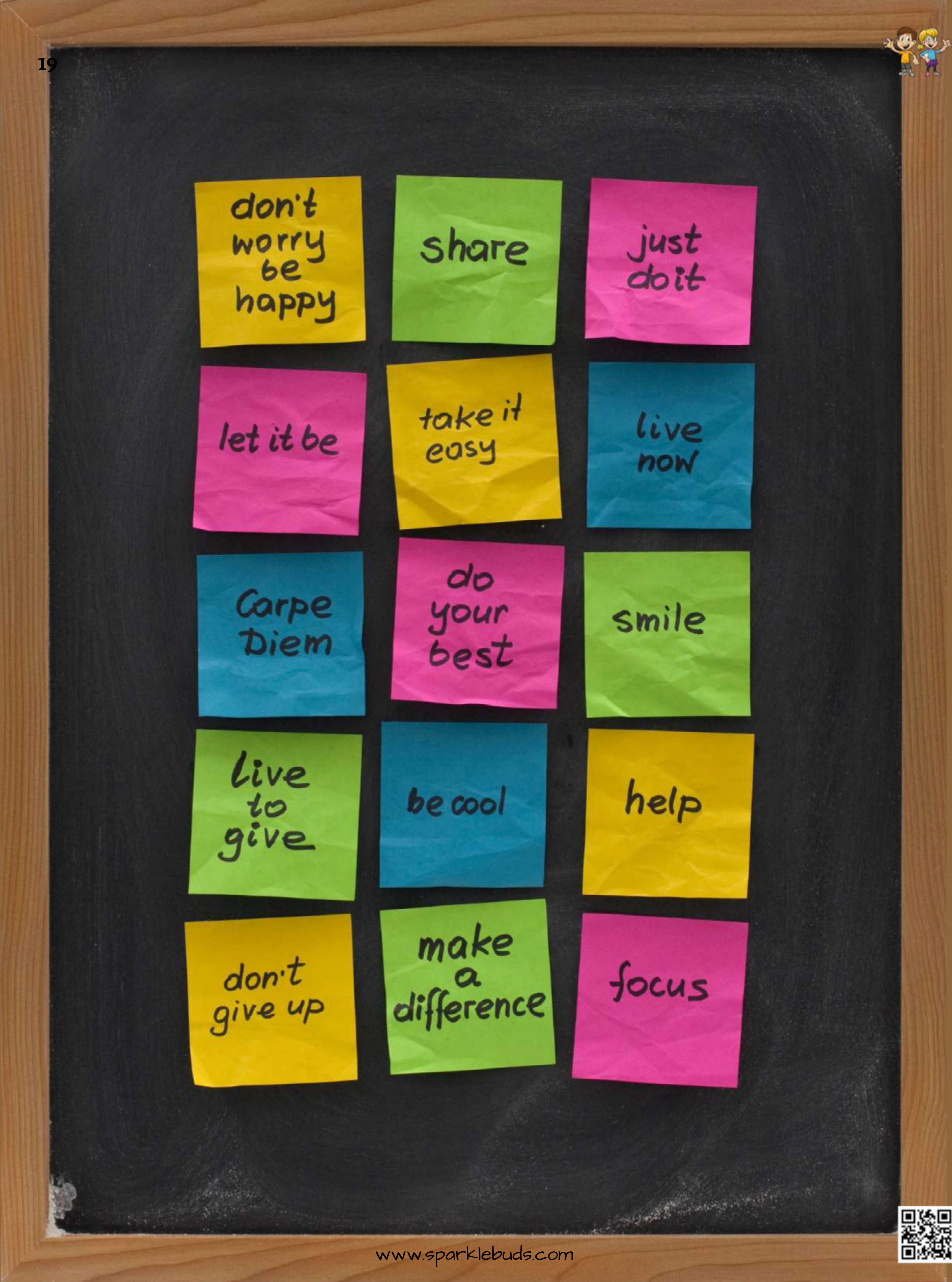
Food	Water Intake

To-do list

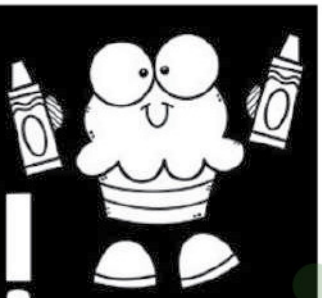
☐ ____________________
☐ ____________________
☐ ____________________
☐ ____________________
☐ ____________________
☐ ____________________
☐ ____________________
☐ ____________________
☐ ____________________
☐ ____________________
☐ ____________________
☐ ____________________

Notes:

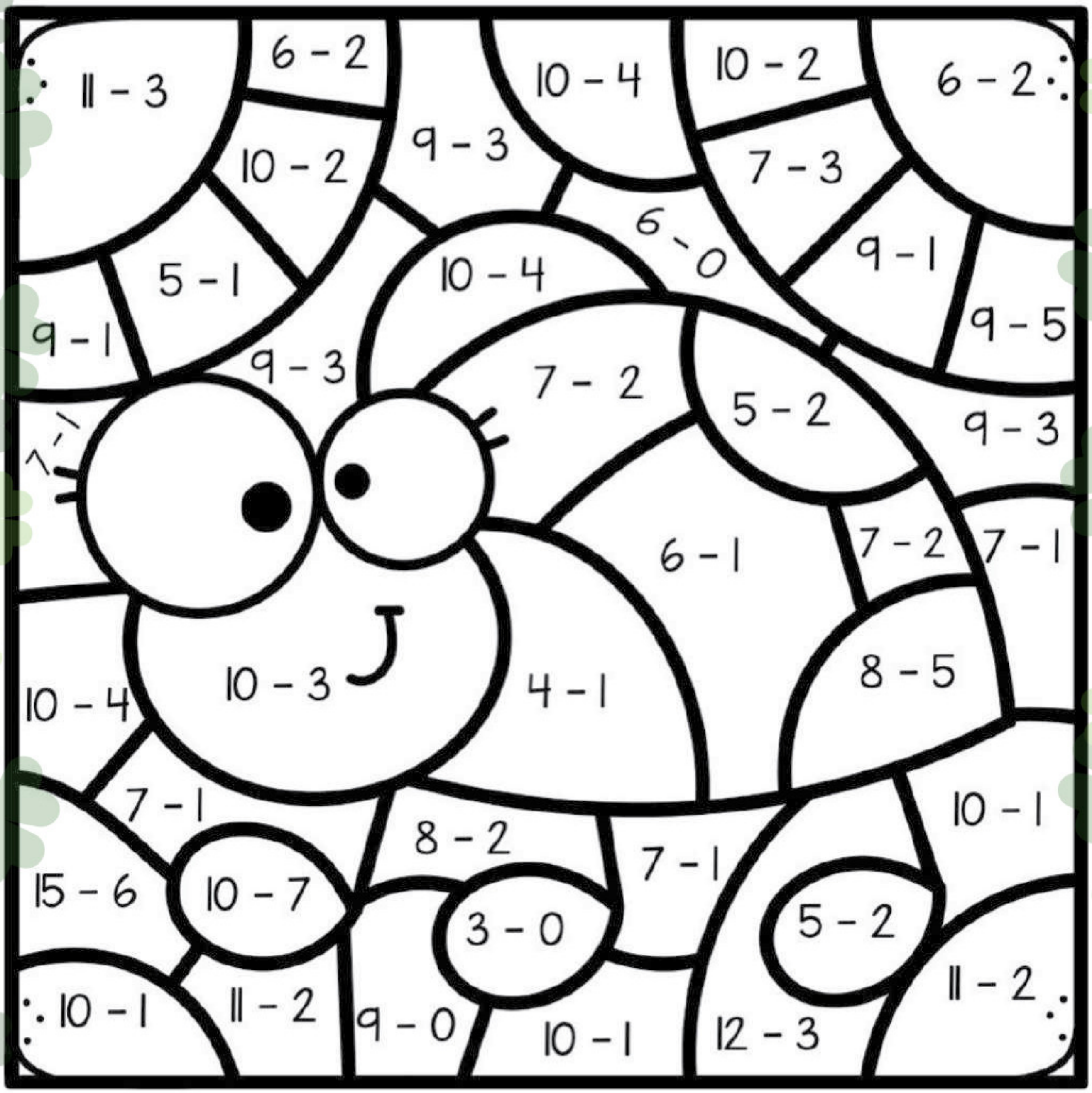
-
-
-
-
-
-
-
-


don't worry be happy
share
just do it
let it be
take it easy
live now
Carpe Diem
do your best
smile
live to give
be cool
help
don't give up
make a difference
focus

COLOUR BY SUBTRACTION!



black = 3
blue = 6
yellow = 8
grey = 7
red = 5
green = 9
orange = 4


11 - 3
6 - 2
10 - 4
10 - 2
6 - 2
9 - 3
10 - 2
7 - 3
6 - 0
5 - 1
10 - 4
9 - 1
9 - 1
9 - 5
9 - 3
7 - 2
5 - 2
9 - 3
7 - 1
6 - 1
7 - 2
7 - 1
10 - 4
10 - 3
4 - 1
8 - 5
7 - 1
10 - 1
8 - 2
15 - 6
10 - 7
7 - 1
3 - 0
5 - 2
10 - 1
11 - 2
9 - 0
10 - 1
12 - 3
11 - 2

Leprechaun Word Puzzle!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	B	I		J															P			R			

B E C _ _ _ E   T _ E _ ' _ E   _ _ _ E _ _ _   W E _ _ _ _ _

B J I Y T G J   P Q J W   S J   Y O S J Y A W   R J Y S X E H

_ _ E E _ !

H S J J E

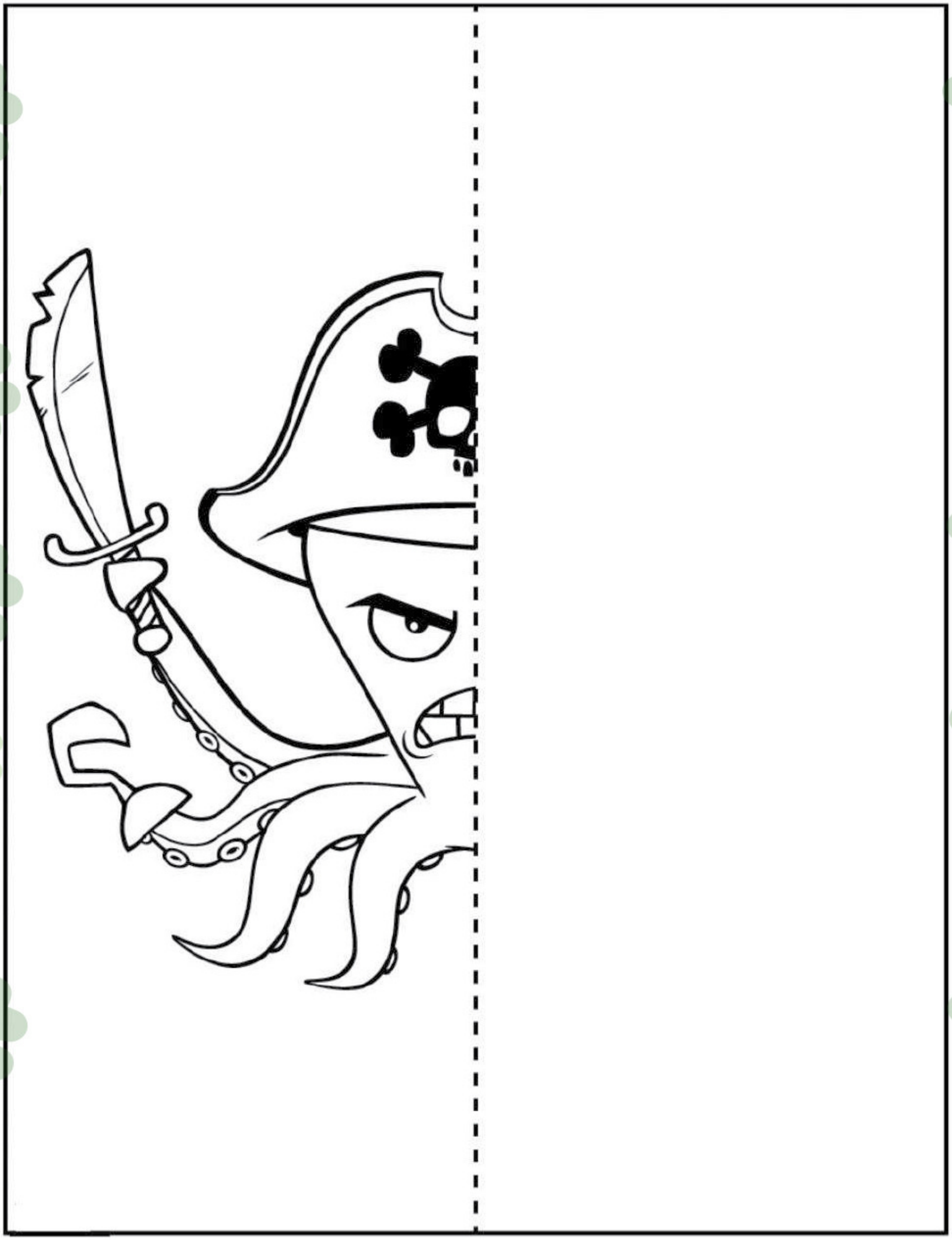
Why Do frogs like St. Patrick's Day?

_   _ _ T   _ _   _ _ _ _ _   T _ _ _ !

Y   O D P   D C   G F Y O O   P Y O U

What Do you get when two leprechauns have a Conversation?

LET'S MIRROR



DAILY WARM UP ☐

YESTERDAY WAS:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

TODAY IS:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

TOMORROW WILL BE:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

THE WEATHER IS:

CLOUDY RAINING SUNNY WINDY THUNDER SNOWING

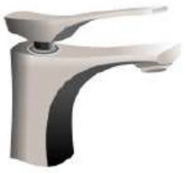
THE MONTH IS:

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

THE DAY IS:

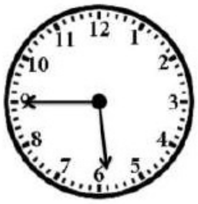
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FUNCTIONAL VOCABULARY



WRENCH PLIERS SINK TAP

TELLING TIME

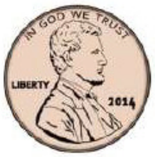


4:45

6:45

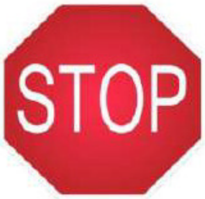
5:45

MONEY



$0.05 $0.25 $0.01

COMMUNITY SIGNS

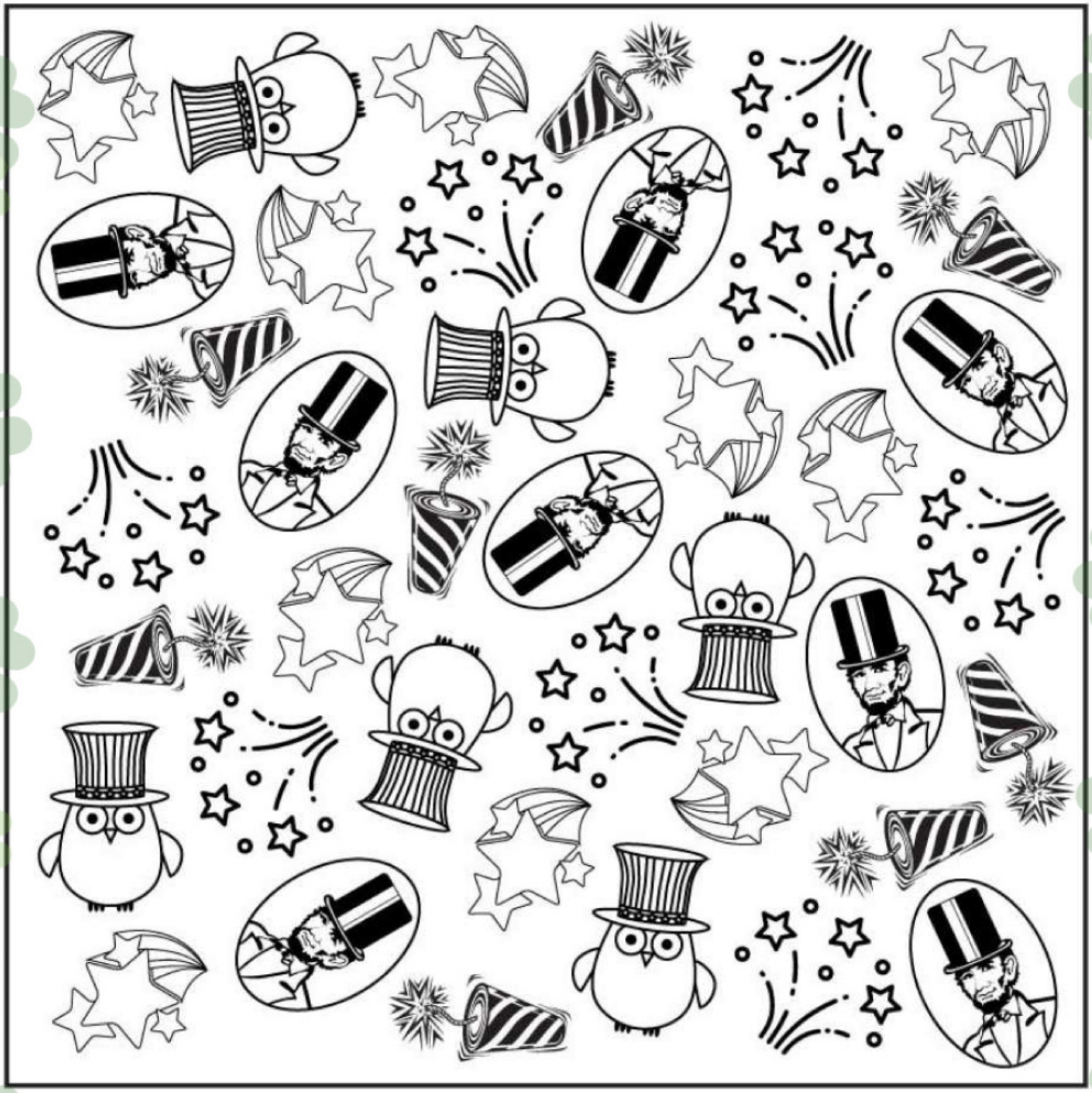


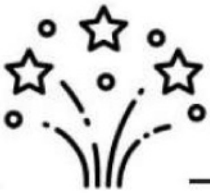
NO MOTOR VEHICLES ALLOWED

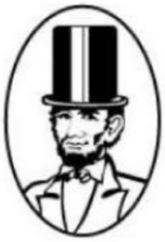
NEXT STOP

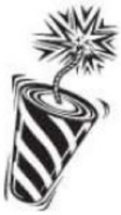
STOP

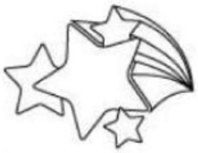
I SPY WITH MY LITTLE EYE

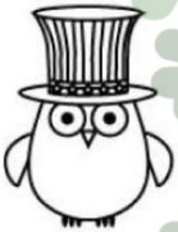


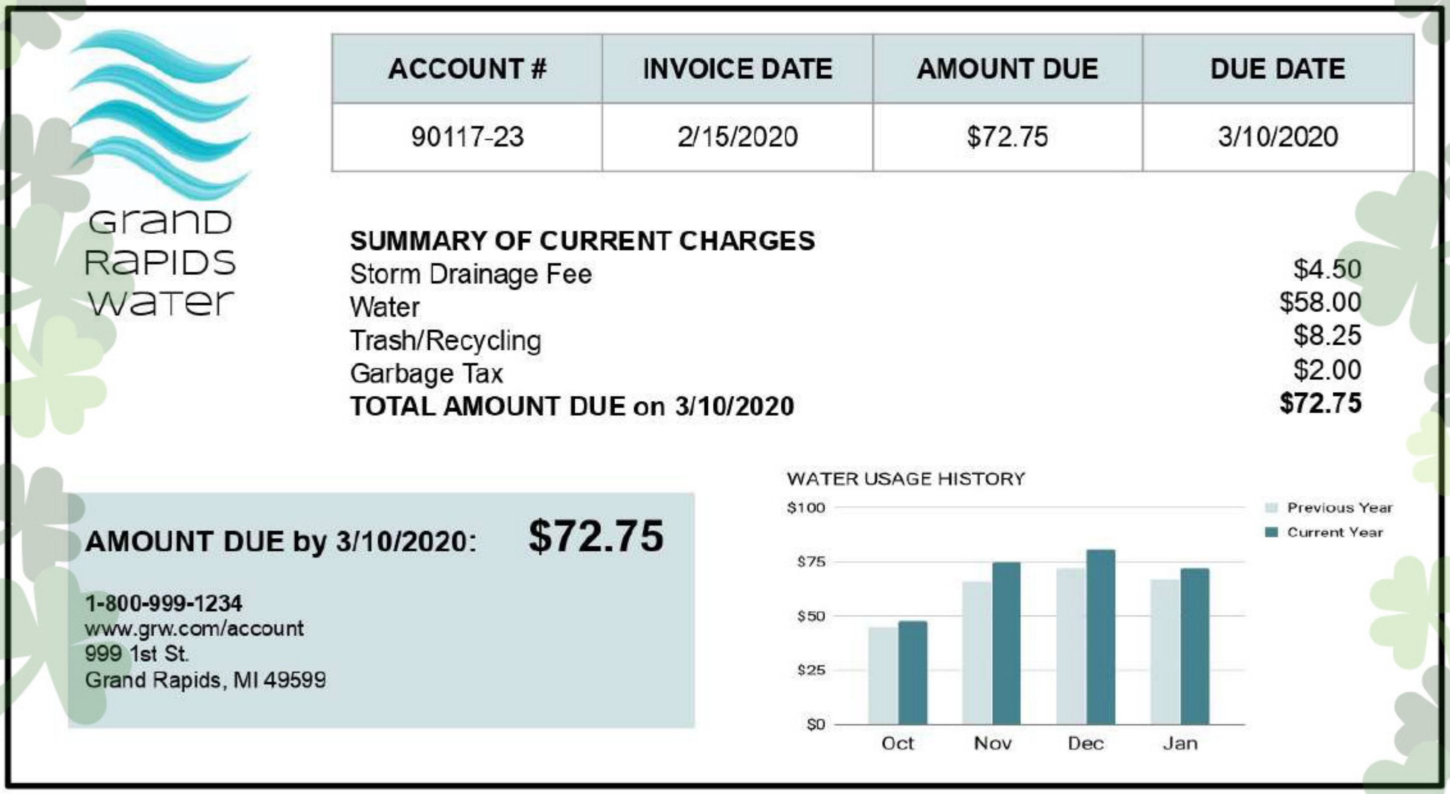
___ 

___ 

___ 

___ 

___ 



Grand Rapids Water

ACCOUNT #	INVOICE DATE	AMOUNT DUE	DUE DATE
90117-23	2/15/2020	$72.75	3/10/2020

SUMMARY OF CURRENT CHARGES	
Storm Drainage Fee	$4.50
Water	$58.00
Trash/Recycling	$8.25
Garbage Tax	$2.00
TOTAL AMOUNT DUE on 3/10/2020	**$72.75**

AMOUNT DUE by 3/10/2020: **$72.75**

1-800-999-1234
www.grw.com/account
999 1st St.
Grand Rapids, MI 49599

WATER USAGE HISTORY
$100
$75
$50
$25
$0
Oct
Nov
Dec
Jan
Previous Year
Current Year

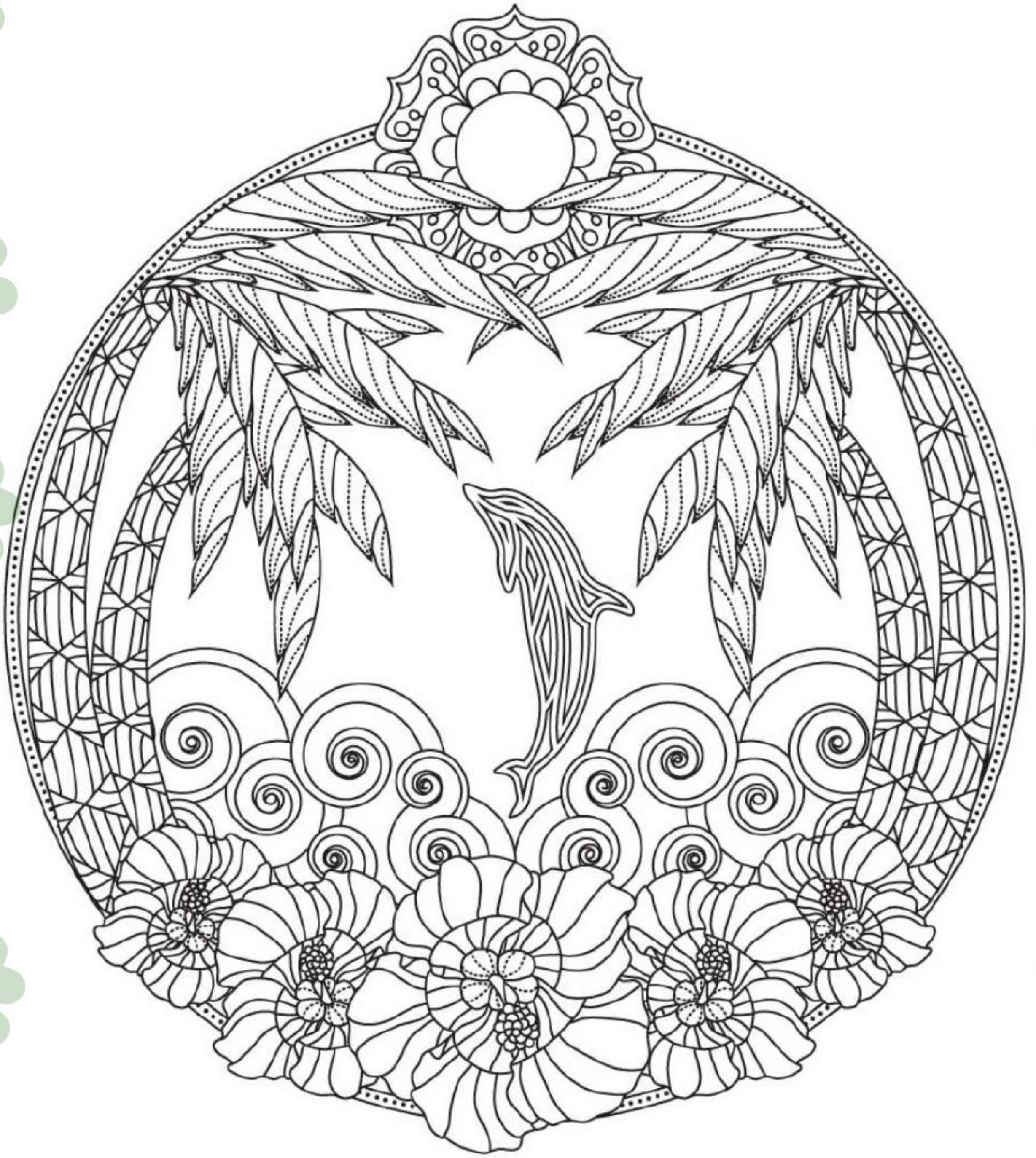
COMPREHENSION QUESTIONS

1. WHAT IS THE NAME OF THE COMPANY?
2. WHAT IS THE ACCOUNT #?
3. HOW MUCH WAS CHARGED FOR STORM DRAINAGE?
4. HOW MUCH WAS CHARGED FOR GARBAGE TAX?

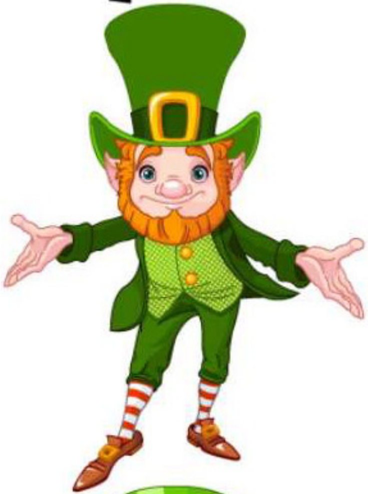
Grand Rapids Water	$4.50	$2.00	90117-23

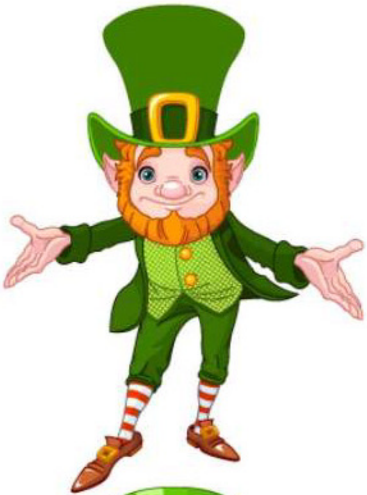
Finish the scribble drawing, then write about your artwork!

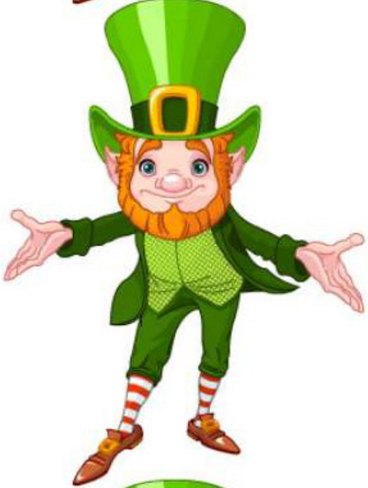
TAKE A DEEP BREATH, RELAX, COLOUR & BRING THEM TO LIFE.

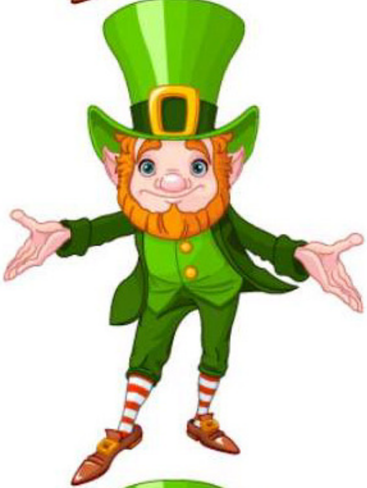


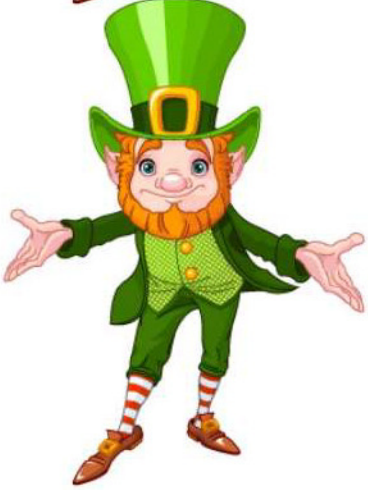
Spot the Match!

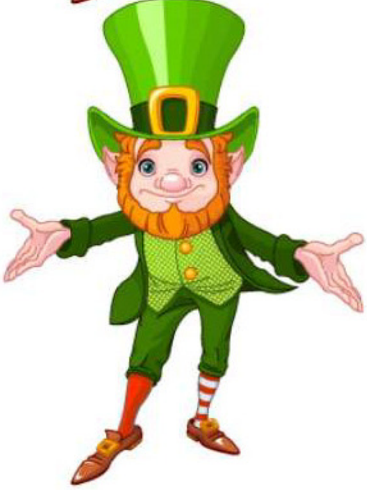












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ADHD-EFG

ADHDEFG
A SUPERPOWER MAGAZINE FOR ADHD
POP IT

for ADHD

Foughtism

OuGhTiSm
AUTISM IS MY Super POWER

for Autism

Brain Train

have DYSLEXI

for Dyslexia

Little Sparkles

Little Sparkles

for ages 5-8

Sparkle Buds

SPARKLE BUDS

for ages 9-13

Chelsea Rhymes

CHELSEA RHYMES

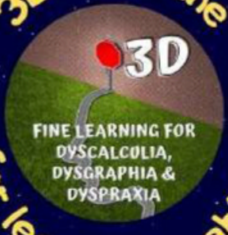
for all ages

De-Stress Yourself

DE-STRESS YOURSELF

for all ages

3D Magazine


3D
FINE LEARNING FOR DYSCALCULIA, DYSGRAPHIA & DYSPRAXIA

for learning disability

Magic Logic

Magic Logic
Are you a Super Brain?

not the ordinary

Expert Marriage Tips

Expert Marriage Tips!

Satire